



Because of you ...
Dee's story has a happy ending.



**My name is Deletha,
but everyone calls me Dee.**



I'm from California. Twelve years ago, I moved to Connecticut to get married. So much has happened since then, some good, but a lot of trauma and struggles too.

When we first got married, things were happy and blissful. I was a teacher. I was successful.

But things happen. People change.

My husband had a gambling problem. And I had a history of depression and bipolar disorder. When he began abusing me, mentally and emotionally, I started on a downward spiral.

The depression got so bad, I couldn't eat or sleep. I couldn't take care of myself. My husband didn't care what was happening to me.

The abuse made things worse and worse.

When I texted a good friend and told him I didn't want to live any more, he got scared and called the police.



I spent the next three months in a shelter for abused women and tried to get back on my feet. I filed for divorce. And I found a new teaching job that sounded great.

The only problem? I had no way to get there.



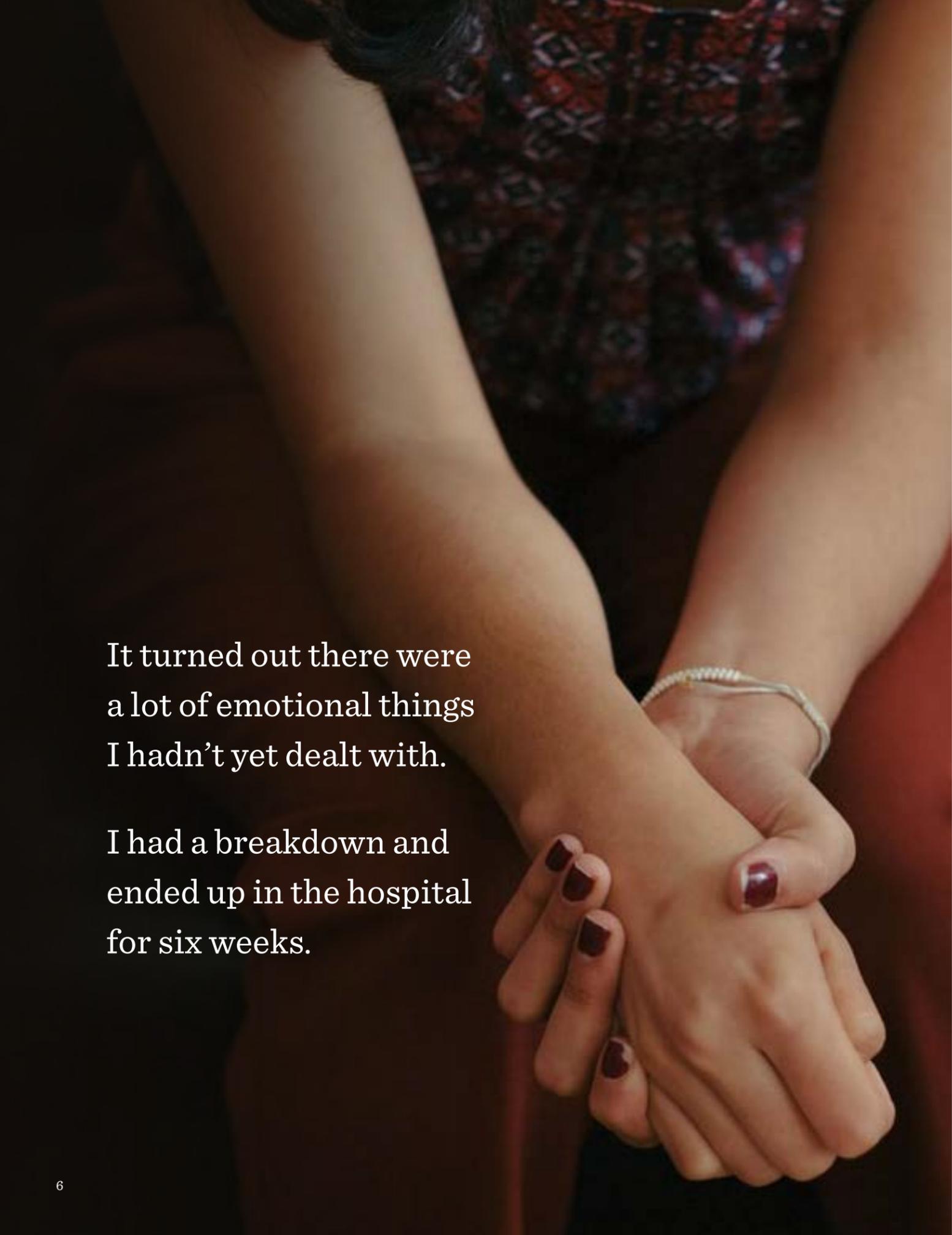
That's when I met Tara at Women & Family Life Center (W&FLC). I needed a car in order to take the job and someone suggested they might be able to help.

And they did! Tara talked to the owner of Palumbo's, right across the street from W&FLC, and he knew of a car that someone might be willing to donate. It needed some repairs, but Tara used a special fund to pay for them. And she got me some clothes to wear to work.



From the very first time we talked, Tara never judged me. She treated me with respect, care, and love. She told me we'd get through it together — whatever I was dealing with. I felt like I was on the right track.

And then I crashed.



It turned out there were a lot of emotional things I hadn't yet dealt with.

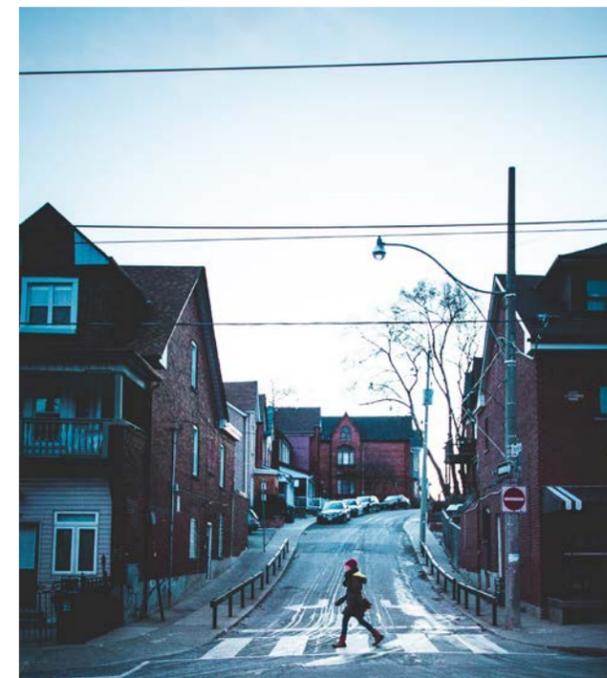
I had a breakdown and ended up in the hospital for six weeks.

I finally got the medication and treatment I needed. But what really helped me get through was I got reconnected to my Christian spirituality, and I came out a stronger person.

When I got out of the hospital, I had nowhere to live. The pandemic had started and everything was closed. The shelters were full.

I used up my savings to pay for a few nights in a motel.

I was afraid I might have to live in my car.





It was a really difficult, emotional time. But I'm a fighter. So I found the strength and courage to fight even harder. I knew I had people in my corner — and Tara was one of them.

I called her, and she helped me through every single thing I had to deal with.

It turns out W&FLC had a special fund for people who were struggling during COVID, and they helped pay for my motel room and groceries until I found somewhere safe to live.

Then — the best part — Tara helped me get a small apartment, and state funding for the deposit and the first month's rent. She found me some fantastic furniture and kitchen things, too — almost brand new! I was so excited!! I finally had a place of my own!

That's when everything started falling in place.

While I was in the hospital, I worked with a recovery support specialist. These are women who have been through their own traumas and get training to help other women through theirs. It was so good talking with her.

It hit me right away that I wanted to do what she was doing — help women who are struggling with trauma. I found out you have to get certified for this so I applied to the Recovery Leadership Program at Hartford Healthcare.



That's another thing I couldn't have done without Tara's help. She got in touch with the Guilford Rotary Club — they have a scholarship program. I applied and they gave me a full scholarship to go to school. Not only that — they wrote a check for a computer and printer too!

Over and over, W&FLC threw me a life line and I was able to hold onto it. I've been holding on to it ever since.

And the crazy thing is, if it all happened again, I wouldn't change a thing. From my journey — the tragedy and trauma — I learned so much!

I'm so excited about my life now. I'm healthy and happy. Soon, I'll be working in my dream job as a recovery support specialist. I'll be helping and advocating for others to better their lives.

And W&FLC will be where I point people to go for help. ♥



The Women & Family Life Center was always there for me.

I learned to fight for what I believe in. I found courage and hope. I found that you have to have the faith that all things are possible, no matter the obstacles and setbacks.

That's what I'd tell anyone.

- Dee

Winter 2020

Dear valued friends,

It wasn't easy for Dee to share such a personal story with you, but she felt so strongly that she wanted you to know what a profound difference you made in her life.

People are often surprised that women and families confront challenges like hers right here, in towns like ours. But so many things can tip a person's stable life into a chaotic, downward spiral — the loss of a job, the crumbling of a marriage, domestic abuse, an unexpected illness or death.

Thanks to your generosity, the doors at Women & Family Life Center are always open. As you can see from Dee's experience, our staff will do whatever it takes — counseling, legal advice, financial help — to help someone in need through a crisis. And all at no cost.

You won't be surprised to hear that this year has been much worse than usual. With the pandemic and all its heartbreaking consequences, many of us found ourselves in circumstances we never could have imagined.

Thank goodness you were there to throw down a lifeline — as Dee put it so beautifully — for a neighbor who was in trouble and needed help.

Thank you for being W&FLC's lifeline too! It's you that make this important work possible, and for that we are so very grateful.



With thanks and appreciation,

Meghan Scanlon, Executive Director

Financial Information — Fiscal Year 2020

Donors, we can't do it without you. The chart below proves it. Last year, your generous gifts made up more than 95% of our income.

Thank you for your kindness and compassion for your neighbors.

Contributions	\$595,053*	66%
Government Grants	\$11,000	1%
Non-Government Grants	\$140,680	16%
Fundraising/other	\$142,196	16%
Rental & Program Fees	\$11,903	1%
Total Revenue	\$900,832	100%

Program	\$269,439	71%
Administrative	\$48,586	13%
Fundraising	\$59,796	16%
Total Expenses	\$377,821	100%

* This includes a non-recurring \$400,000 legacy bequest.

Last year at the Women & Family Life Center

1,071 women and families from **48** towns received services. **229** calls for assistance were received. **\$130,000** in emergency funds was provided to struggling families. **61** hours of legal help and **88** hours of financial education were provided at no charge.

Please visit our website, womenandfamilylife.org/donor-spotlight, to see the names of all our amazing 2020 donors and our comprehensive audited financial statements.

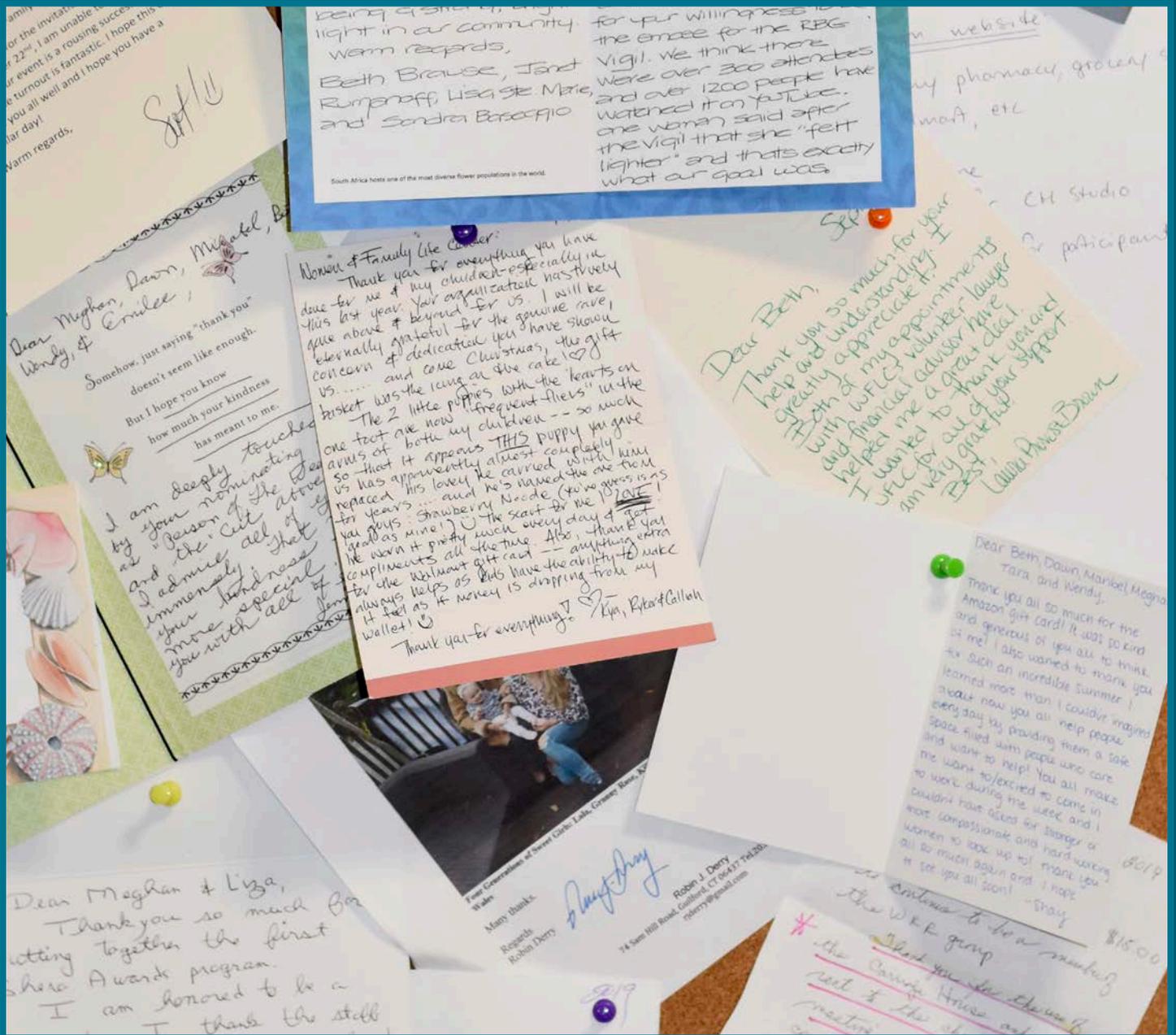
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Thank you donors! The bulletin board at W&FLC overflows with notes of gratitude for all the help your generosity provides.

Women & Family Life Center offers women and families a network of support, education, and community to help them make positive change in times of isolation, fear, or financial distress.